

[Like](#)[Tweet](#)[in](#)

SPRINGFIELD FAMILY CENTER

FEBRUARY 2025 NEWSLETTER



Hello, Friends!

As we navigate the new year, we want to take a moment to express our sincere gratitude to our community for your incredible support throughout the past year. Thanks to your generosity

and compassion, we were able to continue providing nutritious meals and essential resources to those facing food insecurity.

Whether you volunteered your time, made a donation, or simply shared our mission with others, your involvement has made a profound difference in the lives of countless individuals and families in our community. Your kindness ensures that no one goes hungry, and together, we've worked toward a brighter future for all.

We are filled with hope and excitement for the continued impact we will make as a community. We are inspired by the dedication of people like you and are confident that, together, we can overcome the challenges that still lie ahead.

Interested in learning more about how you can support the Springfield Family Center?

Click the button below for more information:

[Ways to Give](#)

**SFC Board
Member**

Spotlight:

Getting to know the
Board, Courtney
Hillhouse

The Springfield Family Center is thrilled to introduce Board Member, Courtney Hillhouse. Courtney has been serving on the SFC board since 2023 and brings a wealth of information and compassion to her role. Courtney, thank you for all you do to support our mission and for the great care you take in helping others. Here are a few words from Courtney:



"As a Springfield Family Center board member, I bring my focus to children and families through my role as a regional manager with Building Bright Futures (BBF). I first became interested in food security and equity when I was a community outreach specialist at Mt. Ascutney Hospital and Health Center and joined the food security workgroup, which has a strong focus on food access, especially for Vermonters in rural areas. I'm a firm believer in health equity and for everyone to have access to basic needs, especially our most vulnerable community members. I'm also a member of the Hunger Free Vermont Hunger Councils in Windham and the Upper Valley and am interested in finding ways to creatively support food security for children and youth through initiatives such as the summer meal program, universal school lunch program, weekend backpack programs, school gardens, and so on.

The BBF regional councils choose annual priorities and the Springfield Area council consistently focuses on access to basic needs. Our council has a passion for collaborating with community members in finding ways for everyone to access nutritious food. Originally from Erie, Pennsylvania, I've found that Vermonters have a unique ability to foster community by supporting one another. I live in Cavendish, VT with my two sons, three cats, and a very

unmotivated English bulldog."

Support Springfield Family Center with ~ "Buy a Day; Make a Difference!"



Looking for a truly meaningful Valentine's Day gift for that special someone in your life? How about giving the gift of a day! With just \$100.00, you can purchase a day to help feed up to 30 food-insecure neighbors. Or, become a sustaining donor for just \$10 a month, and the person you choose will be publicly celebrated for making a real impact. It's a gift that gives back and helps those in need. Purchase a day, and together, we'll spread love and support to our community.

Here's how it works:

- Purchase a Calendar Day: Honor yourself or someone special by purchasing a day on our calendar, which will provide up to 30 meals for food-insecure neighbors.
- Public Recognition: The honoree will be publicly recognized on their chosen day as a vital partner in our efforts to combat hunger in the community.

This is a unique way to celebrate a birthday, anniversary, or special occasion by gifting hope and sustenance to those in need.

Lead the Way! Spread the word about your special day! Any donations made on that day will be matched up to \$100.00

Secure Your Day:

- Make a one-time gift of \$100 to the Springfield Family Center.
- Alternatively, become a sustaining donor for just \$10/month.

For more information or to purchase your day, please email us at:
SFCbuyaday@gmail.com

We are deeply grateful to the community members and businesses who participated in our "Buy a Day, Make a Difference" campaign during the month of January. Together, we helped provide much-needed support to those in need at the Springfield Family Center.

January Buy a Day; Make a Difference Honorees:

One Credit Union

Deanna H.

Mathew Pudjak

David Pudjak

Together, we TRULY DO MAKE A DIFFERENCE!

Springfield Family Center's Wish List

SFC has been running low on the following products and could use your help to stock our shelves. If you are able, please consider donating any of these products:

Mac and Cheese

Pasta and Sauce

Canned Beans

Canned Soup

Cold Cereal

Rice

Recipe of the Month:



SFC's Veggie Guide: Roasted Rutabaga

Rutabaga's are a large root vegetable and are a cross between a cabbage and turnip. Enjoy!



Ingredients:

Rutabaga
Olive Oil
Salt
Garlic

Items Youll Need:

Bowl
Cutting board
Knife
Peeler

Directions:

1. Preheat Oven to 375 degrees F.
2. Peeling the Rutabaga: Rutabaga's are often covered with a wax coat. To remove the wax coating, place the rutabaga into a sink and under running hot water. Let it warm to soften the wax. Using the dull side of a knife, scrub off the wax. Rinse well and dab dry.
3. Peel the Rutabaga and slice into 1/3" cubes.
4. Place cubed rutabaga into a bowl and add olive oil, garlic powder and salt,
5. Transfer rutabaga to a baking sheet and place it into a preheated oven. Cook at 375 for about 45 minutes or until its cooked through (soft).
6. Remove from oven and Enjoy!

Recipe Adapted From: <https://www.mariaushakova.com/2020/02/how-to-cook-rutabaga/>

Springfield Family Center Selected as March 2025 Nonprofit Partner in the Hannaford Community Bag Program!

Do you shop at Hannaford in Claremont, NH? Considering supporting Springfield Family Center this March through the Hannaford Helps Reusable Bag Program! When you purchase a \$2.50 Community Bag, you're not just making an eco-friendly choice—you're also helping us continue our mission to provide hunger relief to our food insecure neighbors. For every bag purchased,

\$1 will be donated to Springfield Family Center. These donations directly help us carry out our charitable food programs to the community.

Thank you for supporting Springfield Family Center and being a part of the Hannaford Helps program this March!

Together, We Can Make A Difference



Support your community and protect the planet with one purchase. For each \$2.50 reusable Community Bag purchased this month, our selected Hannaford will donate \$1 to our organization.



hannaford.2givelocal.com
Community Bag Program





Springfield Family Center & Town Library Partnership: A Place to Eat and Gather**

The Springfield Family Center and the Springfield Town Library are excited to announce a new partnership to provide a welcoming space for the community to gather and enjoy meals together. Starting this month (February 2025), if you're picking up a meal from the Springfield Family Center, you can bring it to the Springfield Town Library to sit, relax, and enjoy your meal in a comfortable and inviting environment.

The Springfield Family Center provides meals to-go for our food-insecure neighbors:

Meal Pickup at the Springfield Family Center:

When: Monday through Friday, 11:30 a.m. – 12:30 p.m.

Who: Available for food-insecure neighbors

We hope this partnership will encourage connection, conversation, and a positive community spirit.

A Heartfelt Thank You to Our Supporters!

Thank the follow individuals who donated to our Annual Appeal during the month of January:

Pantry Patrons (\$100+):

First Congregational Church of Weathersfield

Robert, Jr. and Claire Trask

Breadsticks (\$25+):

Chris Meyer

Fred and Elizabeth Willis

Our sincerest gratitude to our food donors:

Black River Produce

Shaw's Supermarket

Dollar General

Chester Baptist Church

Willing Hands

Sharon

Sileissier, LLC

Church of Christ

Judy and Keith Sterns

North Baptist Church

Rexford Batchelder

Ian Speers

Rodney Holton

Holy Family Parish

Judy and Carl Johnson

WIC

Jean Patoine

UU Church

United Methodist Church

Calvary Baptist Church

Carol Knight

Springfield Town Library

Bill and Carol Snide

Donna Builder

Springfield Lions Club

Megan

Sharon Stoddard

Kathy

Also, we would like to extend a heartfelt note to our sustaining donors: your monthly contribution makes a difference in the lives of many: We are deeply grateful for your ongoing support as a sustaining donor. Your continued generosity plays a crucial role in our efforts to combat food insecurity and ensure that no one in our community goes hungry.

Thanks to you, we are able to provide meals, resources, and hope to those in need. Your commitment makes a lasting impact, and we couldn't do this vital work without you.

Paul and Angel Cioffi

John and Sarah Ryder

Pat Hill and Angela Trauth

Jeannine and Richmond Hughes

Joy and Timothy Benson

Carol Hansen

Caroline Cromley

Beatrice Robitaille and Carol Brown

Upcoming Community Events:

Free Community Dinner:

Calvary Baptist Church will be hosting a free community dinner.

Where: Calvary Baptist Church 156 Main Street, Springfield, VT

When: Thursday, February 20, 2025

Time: 5:00pm-6:15pm

Family Book Making:

Springfield Area Parent Child Center is offering a free interactive bookmaking and storytelling workshop for caregivers and children.

Where: Springfield Area Parent Child Center 50 Jack & Jill Lane, North Springfield, VT

When: Tuesday February 11, 2025

Time: 10:00am-11:30am

For more information email Kayla.bapp@sapcc-vt.org or call 802-886-5242

Free Community Lunch:

First Congregational Church of Springfield will be hosting a free community lunch.

Where: First Congregational Church-77 Main Street Springfield, VT

When: Wednesday, February 19, 2025

Time: 11:30-12:30pm

*Please note, Springfield Family Center will be closed for all services on this day (2/19/25).

Free Food Distribution:

Holy Trinity Orthodox Church in Springfield will be hosting their monthly food distribution for anyone in need Saturday Feb 22nd.

Also available will be Pregnancy and Infant-care support which offers free necessities for those in need.

What: Food Support

Where: Holy Trinity Orthodox Church
90 Park Street, Springfield VT

When: Saturday, February 22nd
Time: 2:00pm-4:30pm

[Click Here To Donate Today To SFC!](#)

See you in March!

Your Friends at the Springfield Family Center

802 885 3646



©2025 Springfield Family Center, Inc. | Springfield Family Center, Inc. 130 Springfield Plaza
Rd, Suite #9, Springfield, VT 05156

[Web Version](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#) ®